



# McDonald's Australia

## Main Menu

### Allergen - Ingredients - Nutrition Information

Information correct as at October 2020.

At McDonald's we believe in the nutritional principals of balance, variety and moderation and that eating at McDonald's can fit into a healthy lifestyle. Our goal is to provide you with the information necessary to make informed decisions about your McDonald's menu choices. This guide can help you balance your McDonald's meal with the other meals you eat today, and every day.

This guide is for our standard or core menu items. For information regarding short-time menu items, please either ask a manager in one of our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.com.au/contactus> or on 02 9875 7100.

The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes (including ice for drinks from our beverage system). Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the local supplier, region of the country, and the season of the year. Further, product formulations may change periodically.

#### **Food Sensitivities and Preferences**

No food items are sold as allergen free.

As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from traces of allergens.

No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

We have a number of restaurants that serve Halal menu options. Only those items listed on the certificate in the restaurants serving Halal options are certified as Halal.

# HAPPY MEAL MAINS

## Wholemeal Snack Wrap - Crispy Chicken

CRISPY CHICKEN: Chicken, Flour (Wheat, Maize), Water, Vegetable Oil, Starch (Wheat, Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450, 500), Gluten (Wheat), Soy Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein (Wheat), Natural Flavour, Spice (Pepper), Wheat Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.

WHOLEMEAL TORTILLA: Wheat Flour, Thiamine, Folic Acid, Water, Whole Wheat Flour, Thiamine, Folic Acid, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Yeast.

LETTUCE: Iceberg Lettuce.

MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).

Contains gluten, egg and soy. Contains gluten, egg and soy.

CRISPY CHICKEN is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1160	1010
Energy (Cal)	277	240
Protein (g)	13.4	11.6
Fat, Total (g)	13.4	11.6
Saturated Fat (g)	3.1	2.6
Carbohydrate (g)	25.0	21.6
Sugars (g)	1.7	1.4
Sodium (mg)	589	510

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
Y	Y	T	Y							Y	Y	

## Wholemeal Snack Wrap - Grilled Chicken

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Fruit Powder (Lemon Juice Concentrate, Flavours), Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.

WHOLEMEAL TORTILLA: **Wheat** Flour, Thiamine, Folic Acid, Water, Whole **Wheat** Flour, Thiamine, Folic Acid, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Yeast.

LETTUCE: Iceberg Lettuce.

MAYONNAISE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).

OIL: Canola Oil, Emulsifiers (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, egg and soy.

GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten, milk or soy.

WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	908	841
Energy (Cal)	217	201
Protein (g)	13.8	12.8
Fat, Total (g)	8.8	8.1
Saturated Fat (g)	2.8	2.6
Carbohydrate (g)	20.0	18.6
Sugars (g)	1.7	1.6
Sodium (mg)	409	379

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
Y	Y	T	Y							Y	Y	

## Chicken Nuggets

Chicken, Water, Flour (Maize, **Wheat**), Canola Oil, Thickener (1404), Salt, Raising Agents and Mineral Salts (450, 500, 451, 541, 341, 327), Spices (Black Pepper, White Pepper, Celery Seed),

**Wheat** Starch.

Contains gluten.

CHICKEN NUGGETS are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

	3 Pack		6 Pack	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	544	1120	1090	1120
Energy (Cal)	130	268	260	268
Protein (g)	7.7	15.9	15.4	15.9
Fat, total (g)	7.7	15.9	15.5	15.9
Saturated Fat (g)	1.2	2.4	2.4	2.4
Carbohydrate (g)	7.3	15.0	14.5	15.0
Sugars (g)	0.1	0.3	0.3	0.3
Sodium (mg)	238	489	476	489

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
Y	T	T	Y							Y		

## Chicken Bites

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Fruit Powder (Contains. Lemon Juice Concentrate, Flavours), Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.

OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains soy.

GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	433	510
Energy (Cal)	104	122
Protein (g)	19.5	22.9
Fat, Total (g)	2.6	3.0
Saturated Fat (g)	0.8	0.9
Carbohydrate (g)	0.4	0.5
Sugars (g)	0.4	0.5
Sodium (mg)	406	478

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
T	T	T	Y									

# HAPPY MEAL MAINS (continued)

## Hamburger

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, **Wheat Gluten**, Iodised Salt, Yeast, Preservative (282), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).  
 BEEF PATTIES: Beef.  
 KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring ( **Soybean** Oil).  
 PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.  
 ONION: Water, Dehydrated White Onion.  
 MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1060	1010
Energy (Cal)	253	241
Protein (g)	13.3	12.7
Fat, Total (g)	9.2	8.8
Saturated Fat (g)	3.9	3.8
Carbohydrate (g)	27.8	26.5
Sugars (g)	5.0	4.7
Sodium (mg)	518	494

Contains gluten, soy and sesame seeds.

REGULAR BUNS are produced on equipment that also produces products containing contain sesame seeds and soy.

BEEF PATTY seasoned on the grill with salt, pepper and sunflower oil.

BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
	Y	T	T	Y							Y	Y	Y

## Cheeseburger

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, **Wheat Gluten**, Iodised Salt, Yeast, Preservative (282), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).  
 BEEF PATTIES: Beef.  
 CHEESE: Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk** Solids, Butter, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy** Lecithin.  
 KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring ( **Soybean** Oil).  
 PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.  
 ONION: Water, Dehydrated White Onion.  
 MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1060	1010
Energy (Cal)	253	241
Protein (g)	13.3	12.7
Fat, Total (g)	9.2	8.8
Saturated Fat (g)	3.9	3.8
Carbohydrate (g)	27.8	26.5
Sugars (g)	5.0	4.7
Sodium (mg)	518	494

Contains gluten, milk, soy and sesame seeds.

REGULAR BUNS are produced on equipment that also produces products containing contain sesame seeds and soy.

BEEF PATTY seasoned on the grill with salt, pepper and sunflower oil.

BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
	Y	T	Y	Y							Y	Y	

# HAPPY MEAL SIDES

## Apple Slices

Apple Slices, Antioxidants (302).

May contain apple seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	136	226
Energy (Cal)	32	54
Protein (g)	0.6	1.0
Fat, Total (g)	0.2	0.3
Saturated Fat (g)	0.1	0.1
Carbohydrate (g)	6.1	10.2
Sugars (g)	6.1	10.1
Sodium (mg)	3	5

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour

## Grape Tomatoes

Grape Tomatoes

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	57	90
Energy (Cal)	16	25
Protein (g)	1.0	1.5
Fat, Total (g)	0.1	0.2
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	1.5	2.4
Sugars (g)	0.7	1.1
Sodium (mg)	5	8

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour

## Garden Salad

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

TOMATO: Grape Tomatoes.

CUCUMBER: Cucumber Slices.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	82	77
Energy (Cal)	21	19
Protein (g)	1.6	1.5
Fat, Total (g)	0.1	0.1
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	2.6	2.5
Sugars (g)	1.4	1.3
Sodium (mg)	8	7

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour

# HAPPY MEAL SIDES (continued)

## Small Fries

Potato, Canola Oil, Mineral Salt (450), Dextrose, Antifoam (1521).

or

Potatoes, Canola Oil (Acidity Regulator (330)), Dextrose Monohydrate (Preservative (220)), Mineral Salt (450), Antifoam (Non-ionic polyalkylene glycol), Preservative (223).

Salt.

May contain traces of sulphites.

FRIES are cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	860	1190
Energy (Cal)	206	286
Protein (g)	3.3	4.6
Fat, Total (g)	10.4	14.4
Saturated Fat (g)	0.8	1.2
Carbohydrate (g)	23.5	32.6
Sugars (g)	0.1	0.2
Sodium (mg)	194	269

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
T	T	T	T					T				

## Yoplait Petit Miam Strawberry Yoghurt

Milk, Milk Solids, Water, Strawberry, Sugar, Apple, Thickener (1442), Mineral Calcium (341), Natural Flavours, Natural Colour (120), Acidity Regulators (331, 296), Vitamins D, Live Cultures (Acidophilus and Bifidus).

Contains milk.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	213	304
Energy (Cal)	51	73
Protein (g)	2.4	3.4
Fat, Total (g)	1.6	2.3
Saturated Fat (g)	1.1	1.5
Carbohydrate (g)	6.7	9.5
Sugars (g)	5.4	7.7
Sodium (mg)	32	46

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
		Y										

# HAPPY MEAL DRINKS

## Pop Top® Water

Spring Water

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	0	0
Energy (Cal)	0	0
Protein (g)	0.0	0
Fat, Total (g)	0.0	0
Saturated Fat (g)	0.0	0
Carbohydrate (g)	0.0	0
Sugars (g)	0.0	0
Sodium (mg)	5	2

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour

## Pop Top® Apple Juice

Reconstituted Apple Juice, Food Acid (330), Vitamin C (300), Preservatives (202, 223), Natural Flavour.

Contains sulphites.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	513	205
Energy (Cal)	123	49
Protein (g)	2.5	1
Fat, Total (g)	2.5	1
Saturated Fat (g)	0	0
Carbohydrate (g)	28.5	11.4
Sugars (g)	28.5	11.4
Sodium (mg)	38	15

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
								Y		Y		

## Small Orange Juice

Water, Orange Juice Concentrate, Preservatives (211,202), Colour (160a), Flavour.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	525	175
Energy (Cal)	127	42
Protein (g)	2.3	0.8
Fat, Total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	28.6	9.5
Sugars (g)	22.8	7.6
Sodium (mg)	26	9

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour

## CalciYum Chocolate Flavoured Milk

Low Fat Milk, Milk Solids Non-Fat, Sugar, Cocoa, Vegetable Gums (460, 466, 407), Mineral (Calcium Carbonate), Flavours, Vitamin D.

Contains milk.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	633	253
Energy (Cal)	151	61
Protein (g)	8.3	3.3
Fat, Total (g)	3.5	1.4
Saturated Fat (g)	2.3	0.9
Carbohydrate (g)	20.5	8.2
Sugars (g)	20.0	8.0
Sodium (mg)	98	39

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
		Y										

# HAPPY MEAL COMBOS

<b>Wholemeal Grilled Chicken Snack Wrap with Small Fries and Water</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1768	411
Energy (Cal)	423	98
Protein (g)	17.1	4.0
Fat, Total (g)	19.2	4.5
Saturated Fat (g)	3.6	0.8
Carbohydrate (g)	43.5	10.1
Sugars (g)	1.8	0.4
Sodium (mg)	608	141

<b>Wholemeal Grilled Chicken Snack Wrap, Garden Salad and Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1515	288
Energy (Cal)	365	69
Protein (g)	17.7	3.4
Fat, Total (g)	8.9	1.7
Saturated Fat (g)	2.8	0.5
Carbohydrate (g)	51.2	9.7
Sugars (g)	25.9	4.9
Sodium (mg)	443	84

<b>Wholemeal Crispy Snack Wrap with Grape Tomatoes and Water</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1217	283
Energy (Cal)	293	68
Protein (g)	14.4	3.4
Fat, Total (g)	13.5	3.1
Saturated Fat (g)	3.1	0.7
Carbohydrate (g)	26.5	6.2
Sugars (g)	2.4	0.6
Sodium (mg)	599	139

<b>Wholemeal Crispy Chicken Snack Wrap, Garden Salad and Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1767	331
Energy (Cal)	425	80
Protein (g)	17.3	3.2
Fat, Total (g)	13.5	2.5
Saturated Fat (g)	3.1	0.6
Carbohydrate (g)	56.2	10.5
Sugars (g)	25.9	4.9
Sodium (mg)	623	117

<b>Wholemeal Crispy Chicken Snack Wrap, Garden Salad and Water</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1242	263
Energy (Cal)	298	63
Protein (g)	15	3.2
Fat, Total (g)	13.5	2.9
Saturated Fat (g)	3.1	0.7
Carbohydrate (g)	27.6	5.9
Sugars (g)	3.1	0.7
Sodium (mg)	602	128

<b>Wholemeal Crispy Chicken Snack Wrap, Yoghurt and Orange Juice</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1898	382
Energy (Cal)	455	91
Protein (g)	18.1	3.6
Fat, Total (g)	15	3.0
Saturated Fat (g)	4.2	0.8
Carbohydrate (g)	60.3	12.1
Sugars (g)	29.9	6.0
Sodium (mg)	647	130

<b>Wholemeal Grilled Chicken Snack Wrap, Grape Tomatoes, Apple Slices and Water</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1101	228
Energy (Cal)	265	55
Protein (g)	15.4	3.2
Fat, Total (g)	9.1	1.9
Saturated Fat (g)	2.9	0.6
Carbohydrate (g)	27.6	5.7
Sugars (g)	8.5	1.8
Sodium (mg)	491	102

<b>Wholemeal Grilled Chicken Snack Wrap, Small Fries, Grape Tomatoes and Water</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1825	369
Energy (Cal)	439	89
Protein (g)	18.1	3.7
Fat, Total (g)	19.3	3.9
Saturated Fat (g)	3.6	0.7
Carbohydrate (g)	45	9.1
Sugars (g)	2.5	0.5
Sodium (mg)	613	124

<b>6 Chicken Nuggets, Grape Tomatoes, Water and Ketchup</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1190	283
Energy (Cal)	286	68
Protein (g)	16.5	3.9
Fat, Total (g)	15.6	3.7
Saturated Fat (g)	2.4	0.6
Carbohydrate (g)	18.3	4.4
Sugars (g)	2.8	0.7
Sodium (mg)	574	137

<b>6 Chicken Nuggets, Apple Slices, Water and Ketchup</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1269	305
Energy (Cal)	302	73
Protein (g)	16.1	3.9
Fat, Total (g)	15.7	3.8
Saturated Fat (g)	2.5	0.6
Carbohydrate (g)	22.9	5.5
Sugars (g)	8.2	2.0
Sodium (mg)	641	154

<b>6 Chicken Nuggets, Yoghurt, Water and Ketchup</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1346	316
Energy (Cal)	321	75
Protein (g)	17.9	4.2
Fat, Total (g)	17.1	4.0
Saturated Fat (g)	3.5	0.8
Carbohydrate (g)	23.5	5.5
Sugars (g)	7.5	1.8
Sodium (mg)	601	141

<b>6 Chicken Nuggets, Garden Salad, Orange Juice and Ketchup</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1740	332
Energy (Cal)	418	80
Protein (g)	19.4	3.7
Fat, Total (g)	15.6	3.0
Saturated Fat (g)	2.4	0.5
Carbohydrate (g)	48	9.2
Sugars (g)	26.3	5.0
Sodium (mg)	598	114

<b>6 Chicken Nuggets, 1 Ketchup, Garden Salad and Water</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1215	263
Energy (Cal)	291	63
Protein (g)	17.1	3.7
Fat, Total (g)	15.6	3.4
Saturated Fat (g)	2.4	0.5
Carbohydrate (g)	19.4	4.2
Sugars (g)	3.5	0.8
Sodium (mg)	577	125

<b>6 Chicken Nuggets, Yoghurt, Orange Juice and Ketchup</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1871	383
Energy (Cal)	448	92
Protein (g)	20.2	4.1
Fat, Total (g)	17.1	3.5
Saturated Fat (g)	3.5	0.7
Carbohydrate (g)	52.1	10.7
Sugars (g)	30.3	6.2
Sodium (mg)	622	127

<b>6 Chicken Nuggets, Grape Tomatoes, Yoghurt, Water and Ketchup</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1403	286
Energy (Cal)	337	69
Protein (g)	18.9	3.9
Fat, Total (g)	17.2	3.5
Saturated Fat (g)	3.5	0.7
Carbohydrate (g)	25	5.1
Sugars (g)	8.2	1.7
Sodium (mg)	606	124

<b>6 Chicken Nuggets, Grape Tomatoes, Apple Slices, Water and Ketchup</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1326	276
Energy (Cal)	318	66
Protein (g)	17.1	3.6
Fat, Total (g)	15.8	3.3
Saturated Fat (g)	2.5	0.5
Carbohydrate (g)	24.4	5.1
Sugars (g)	8.9	1.9
Sodium (mg)	646	135

# HAPPY MEAL COMBOS (continued)

## 3 Chicken Nuggets, Grape Tomatoes, Water and Ketchup

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	644	173
Energy (Cal)	156	42
Protein (g)	8.8	2.4
Fat, Total (g)	7.8	2.1
Saturated Fat (g)	1.2	0.3
Carbohydrate (g)	11.1	3.0
Sugars (g)	2.6	0.7
Sodium (mg)	336	90

## 3 Chicken Nuggets, Small Fries, Water and Ketchup

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1447	381
Energy (Cal)	346	91
Protein (g)	11.1	2.9
Fat, Total (g)	18.1	4.8
Saturated Fat (g)	2.0	0.5
Carbohydrate (g)	33.1	8.7
Sugars (g)	2.0	0.5
Sodium (mg)	525	138

## 3 Chicken Nuggets, Apple Slices, Water and Ketchup

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	723	197
Energy (Cal)	172	47
Protein (g)	8.4	2.3
Fat, Total (g)	7.9	2.1
Saturated Fat (g)	1.3	0.4
Carbohydrate (g)	15.7	4.3
Sugars (g)	8	2.2
Sodium (mg)	403	110

## 3 Chicken Nuggets, Garden Salad, Water and Ketchup

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	669	162
Energy (Cal)	161	39
Protein (g)	9.4	2.3
Fat, Total (g)	7.8	1.9
Saturated Fat (g)	1.2	0.3
Carbohydrate (g)	12.2	2.9
Sugars (g)	3.3	0.8
Sodium (mg)	339	82

## 3 Chicken Nuggets, Small Fries, Apple Juice and Ketchup

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1960	500
Energy (Cal)	469	120
Protein (g)	13.6	3.5
Fat, Total (g)	20.6	5.3
Saturated Fat (g)	2	0.5
Carbohydrate (g)	61.6	15.7
Sugars (g)	30.5	7.8
Sodium (mg)	558	142

## 3 Chicken Nuggets, Small Fries, Orange Juice and Ketchup

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1972	447
Energy (Cal)	473	107
Protein (g)	13.4	3.0
Fat, Total (g)	18.1	4.1
Saturated Fat (g)	2	0.5
Carbohydrate (g)	61.7	14.0
Sugars (g)	24.8	5.6
Sodium (mg)	546	124

## 3 Chicken Nuggets, Grape Tomatoes, Yoghurt, Water and Ketchup

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	857	194
Energy (Cal)	207	47
Protein (g)	11.2	2.5
Fat, Total (g)	9.4	2.1
Saturated Fat (g)	2.3	0.5
Carbohydrate (g)	17.8	4.0
Sugars (g)	8.0	1.8
Sodium (mg)	368	83

## 3 Nuggets, Grape Tomatoes, Apple Slices, Water and Ketchup

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	780	181
Energy (Cal)	188	44
Protein (g)	9.4	2.2
Fat, Total (g)	8	1.9
Saturated Fat (g)	1.3	0.3
Carbohydrate (g)	17.2	4.0
Sugars (g)	8.7	2.0
Sodium (mg)	408	95

## 3 Chicken Nuggets, Small Fries, Grape Tomatoes, Water and Ketchup

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1504	338
Energy (Cal)	362	81
Protein (g)	12.1	2.7
Fat, Total (g)	18.2	4.1
Saturated Fat (g)	2	0.5
Carbohydrate (g)	34.6	7.8
Sugars (g)	2.7	0.6
Sodium (mg)	530	119

## 3 Nuggets, Small Fries, Apple Slices, Water and Ketchup

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1583	360
Energy (Cal)	378	86
Protein (g)	11.7	2.7
Fat, Total (g)	18.3	4.2
Saturated Fat (g)	2.1	0.5
Carbohydrate (g)	39.2	8.9
Sugars (g)	8.1	1.8
Sodium (mg)	597	136

## Chicken Bites, Grape Tomatoes and Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	490	123
Energy (Cal)	120	30
Protein (g)	20.5	5.1
Fat, Total (g)	2.7	0.7
Saturated Fat (g)	0.8	0.2
Carbohydrate (g)	1.9	0.5
Sugars (g)	1.1	0.3
Sodium (mg)	416	104

## Chicken Bites, Small Fries and Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1293	318
Energy (Cal)	310	76
Protein (g)	22.8	5.6
Fat, Total (g)	13.0	3.2
Saturated Fat (g)	1.6	0.4
Carbohydrate (g)	23.9	5.9
Sugars (g)	0.5	0.1
Sodium (mg)	605	149

## Chicken Bites, Apple Slices and Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	569	144
Energy (Cal)	136	34
Protein (g)	20.1	5.1
Fat, Total (g)	2.8	0.7
Saturated Fat (g)	0.9	0.2
Carbohydrate (g)	6.5	1.6
Sugars (g)	6.5	1.6
Sodium (mg)	483	122

## Chicken Bites, Garden Salad and Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	515	117
Energy (Cal)	125	28
Protein (g)	21.1	4.8
Fat, Total (g)	2.7	0.6
Saturated Fat (g)	0.8	0.2
Carbohydrate (g)	3	0.7
Sugars (g)	1.8	0.4
Sodium (mg)	419	95

## Chicken Bites, Small Fries and Apple Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1806	431
Energy (Cal)	433	103
Protein (g)	25.3	6.0
Fat, Total (g)	15.5	3.7
Saturated Fat (g)	1.6	0.4
Carbohydrate (g)	52.4	12.5
Sugars (g)	29	6.9
Sodium (mg)	638	152

## Chicken Bites, Small Fries and Orange Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1818	388
Energy (Cal)	437	93
Protein (g)	25.1	5.4
Fat, Total (g)	13	2.8
Saturated Fat (g)	1.6	0.3
Carbohydrate (g)	52.5	11.2
Sugars (g)	23.3	5.0
Sodium (mg)	626	133



## HAPPY MEAL COMBOS (continued)

### Chicken Bites, Grape Tomatoes, Yoghurt and Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	703	150
Energy (Cal)	171	36
Protein (g)	22.9	4.9
Fat, Total (g)	4.3	0.9
Saturated Fat (g)	1.9	0.4
Carbohydrate (g)	8.6	1.8
Sugars (g)	6.5	1.4
Sodium (mg)	448	96

### Chicken Bites, Grape Tomatoes, Apples Slices and Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	626	136
Energy (Cal)	152	33
Protein (g)	21.1	4.6
Fat, Total (g)	2.9	0.6
Saturated Fat (g)	0.9	0.2
Carbohydrate (g)	8	1.7
Sugars (g)	7.2	1.6
Sodium (mg)	488	106

### Chicken Bites, Small Fries, Grape Tomatoes and Water

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1350	287
Energy (Cal)	326	69
Protein (g)	23.8	5.1
Fat, Total (g)	13.1	2.8
Saturated Fat (g)	1.6	0.3
Carbohydrate (g)	25.4	5.4
Sugars (g)	1.2	0.3
Sodium (mg)	610	130

### Hamburger, Garden Salad and Orange Juice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1667	319
Energy (Cal)	401	77
Protein (g)	17.2	3.3
Fat, Total (g)	9.3	1.8
Saturated Fat (g)	3.9	0.7
Carbohydrate (g)	59	11.3
Sugars (g)	29.2	5.6
Sodium (mg)	552	106